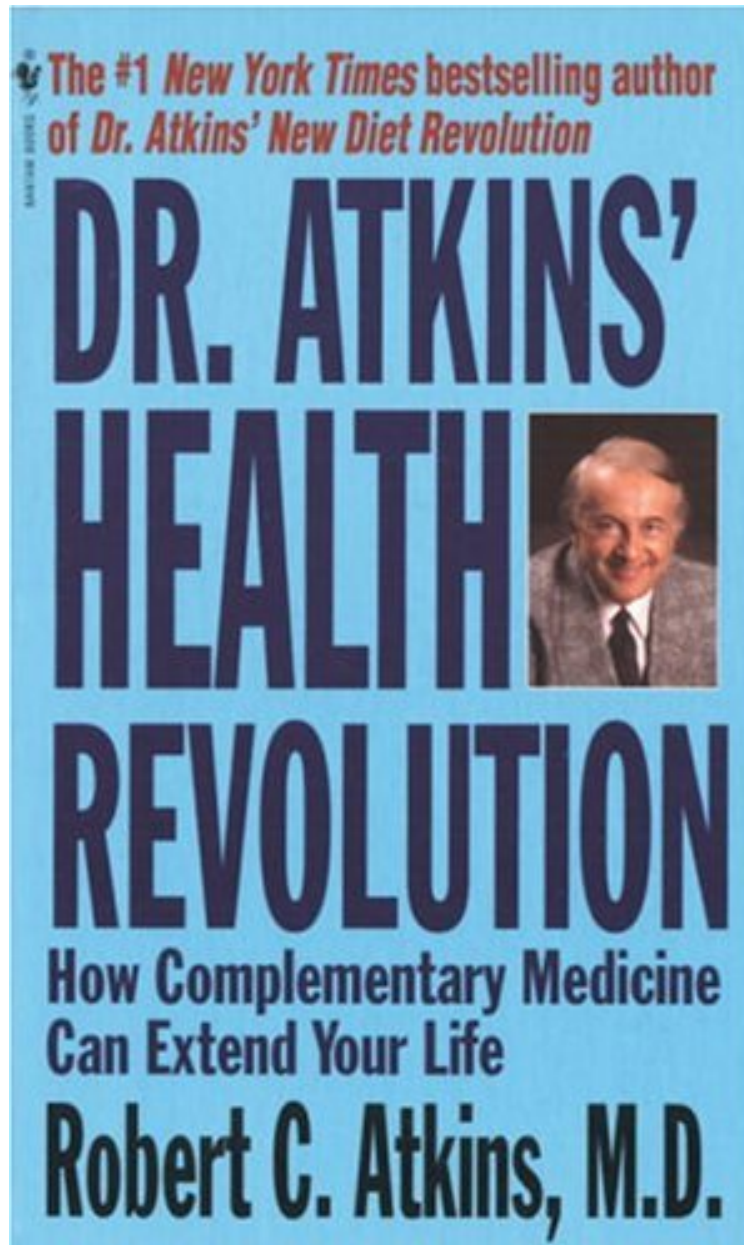


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Dr. Atkins' Health Revolution: How Complementary Medicine can Extend Your Life

Robert C. Atkins

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Robert C. Atkins : Dr. Atkins' Health Revolution: How Complementary Medicine can Extend Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Dr. Atkins' Health Revolution:

How Complementary Medicine can Extend Your Life:

8 of 8 people found the following review helpful. Know the truth, and the truth will set you freeBy A. RyanI wasn't looking for a cure for my sleep disorder, monthly cramps, headaches and occasional UTIs when I picked up Dr. Atkins' Health Revolution three years back; I was just doing a little preliminary research on the Atkins Diet to see if this guy was some kind of quack, as his detractors often claimed. Lo and behold, a new world of health and physically based well-being opened to me as I began to understand just how my nutritional habits (and lack thereof) were undermining the quality of my life. A common myth about Dr. Atkins that could stand some clearing up is that he advocates a strict homeopathic system of medical care and an unbalanced meat-only diet. These misconceptions can be corrected by reading the first few chapters. Atkins actually gives well-reasoned explanations of his philosophy of Complementary medicine, an approach that stresses prevention via good dietary habits, vitamin supplements and exercise, then homeopathic and vitamin remedies when there is a problem, and finally traditional medicine when all else fails (Yeah, he's a quack all right!). Without going into the details and logistics here, I was impressed with how logical and simple to apply this system is. Where Atkins' detractors have hung up on most is the section on diet and how our last 150 years or so of history have affected it. From our pre-industrial food options through the Twentieth Century's sudden proliferation of processed flour and sugar, we can trace the steady rise of heart disease, obesity, tooth decay and Type 2 diabetes. Worse, the industries that stood to profit from the "deadly duo" (and other starchy carb-based foods that were taking the place of meats, eggs, butter and cheese as the bulk of our diets) greatly influenced the medical profession's research and findings. The resulting decline of our national health is a bitter legacy to take responsibility for, and that is just what too many of our processed food makers, doctors, pharmaceutical companies and health experts would have to do once they conceded that Atkins may indeed have been right. For that reason, such an admission may be decades in coming. Whether or not you find yourself agreeing with that area of Atkins' theory, the book presents sound arguments and encourages a lifestyle that has improved untold lives over the past 30 years. There are changes you can make that will lower your blood pressure, bad cholesterol and triglycerides, eliminate systemic yeast infections, reverse diabetes and re-energize you - all without the use of drugs. In fact, you will probably end up being able to ditch the drugs you are on now. I believe that someday Dr. Atkins' vitamin and diet principles will be the standard recommendations from the health industry. It is hard to argue with the steadily growing segment of our population that simply gets lasting results by using them, and expands slowly via word of mouth. Meanwhile, those happy few of us will continue to benefit from the work done by this incredible man and his steadfast campaigning on our behalf before a tragic head wound took his life a few months ago. Rest in peace, Doctor. -Andrea, aka Merrielle.

1 of 1 people found the following review helpful. Atkins' alternative/complementary med. By exotecGreat health and nutrition info from the "father of low-carb." The same good background is applied to what was at the time called "alternative medicine." Gives an inside view of why we don't get all the information we should... While the book isn't new, the concepts are still applicable and valuable. If you think Atkins is only about diet - you need to read this!

0 of 0 people found the following review helpful. well thought out new approaches to curesBy E. OttenGood look at alternatives to conventional medicine how vested interests can come between patients and help/ He is especially critical of the establishment fighting any new cures.

Dr. Atkins' Diet Revolution, Dr. Atkins' Superenergy Diet, and Dr. Atkins' Nutrition Breakthrough ushered in a new era in the way we look at health and nutrition. Now, in his most important book to date, the noted physician and best-selling author calls for dramatic changes in conventional medicine and reveals the "new medicine" of the future that we already working wonders for thousands of patients today! Dr. Atkins' Health Revolution offers readers a powerful new program based on a low-carbohydrate/low-sugar diet combined with nutritional supplements, biologic medicines, and the latest breakthroughs in mainstream medicine that can produce a level of health and fitness that conventional medicine alone can't offer. Dr. Atkins calls this revolutionary approach "complementary"--and explains how it is the way we will all be treated...ten years from now! Using patient-tested therapies and treatments from a wide variety of healing arts, Dr. Atkins presents a commonsense guide to alternative medicine that works. Here is the latest information on: The crucial connection between diabetes and carbohydrates. A simple, effective drug-free way to prevent headaches. Treating PMS, fibroids, and other female problems without surgery and without hormones. The role of chelation and EDTA therapy in treating cardiovascular disease. The many causes and many cures of irritable bowel syndrome (IBS). Plus the Atkins Center's nutritional prescriptions for insomnia, hypertension, arthritis, osteoporosis, allergies, and much, much more!

From Publishers WeeklyThe author of Dr. Atkins' Diet Revolution here expands his scope, offering a comprehensive, very optimistic approach to health. More than 25 years of clinical experience and research have convinced Atkins that some of the most effective and least side-effective medical practices are those suppressed by the medical establishment: the FDA, the AMA, conservative research foundations and the pharmaceutical industry. He grants orthodoxy its "heroic" successes in acute situations, but sensibly abhors chronic, debilitating drug therapies. The core

of "complementary medicine" is a new version of the sugar-free Atkins diet. Depending on his patients' needs, he combines nutritional prudence and vitamin and mineral supplements with selected "alternative medicine" methods (chelation, homeopathy, acupuncture). It's an individualized approach that can't be "proven" except by the impressive results Atkins claims to achieve. His arguments are coherent and often convincing, his case studies uplifting, and his supporting data ample. But his effusive style reads alternately like a promotion for the Atkins Center and a textbook abstract. Copyright 1988 Reed Business Information, Inc. From Library Journal Atkins, of low-carbohydrate-diet fame, promotes a "new medicine" that combines the benefits of traditional medicine with alternative treatments from nutrition to chelation therapy. The first chapter offers a caustic critique of American medicine by comparing the alternative system with mainstream medicine, while the subsequent two chapters discuss Atkins's success with disorders such as diabetes and arthritis. Case histories document his achievements. Although Atkins includes appendixes of diets and prescriptive formulas, he does not recommend self-diagnosis or self-treatment. Buy where his earlier books have been popular. Marilyn Rosenthal, Nassau Community Coll. Lib., Garden City, Copyright 1988 Reed Business Information, Inc. From the Publisher Dr. Atkins' Diet Revolution, Dr. Atkins' Superenergy Diet, and Dr. Atkins' Nutrition Breakthrough ushered in a new era in the way we look at health and nutrition. Now, in his most important book to date, the noted physician and best-selling author calls for dramatic changes in conventional medicine and reveals the "new medicine" of the future that is already working wonders for thousands of patients today! Dr. Atkins' Health Revolution offers readers a powerful new program based on a low-carbohydrate/low-sugar diet combined with nutritional supplements, biologic medicines, and the latest breakthroughs in mainstream medicine that can produce a level of health and fitness that conventional medicine alone can't offer. Dr. Atkins calls this revolutionary approach "complementary"--and explains how it is the way we will all be treated...ten years from now! Using patient-tested therapies and treatments from a wide variety of healing arts, Dr. Atkins presents a commonsense guide to alternative medicine that works. Here is the latest information on: The crucial connection between diabetes and carbohydrates. A simple, effective drug-free way to prevent headaches. Treating PMS, fibroids, and other female problems without surgery and without hormones. The role of chelation and EDTA therapy in treating cardiovascular disease. The many causes and many cures of irritable bowel syndrome (IBS). Plus the Atkins Center's nutritional prescriptions for insomnia, hypertension, arthritis, osteoporosis, allergies, and much, much more!